



The Guiding Star

H.J.B. Elementary Guidance and
Counseling Program Newsletter

Fall 2012
Vol. II, # 1

Judia Gallinger
School Counselor

"Ducks in a Row" with a New Schedule!



Fall into fun! **Join a Group!**

Small Guidance Groups are a fun way for students to improve their problem solving and coping skills learned in Guidance Lessons. Some are listed below.

Pickle Pals: Social skills and friendship building group.

Cool Cats: Learning ways to control angry feelings.

AIM: Coping with anger and or anxiety.

Girl Power: For girls in 4th and 5th grades to realize confidence in communication and problem solving skills.

Wise Guys: Same as "Girl Power" but for boys.

Welcome back everyone to a new and exciting school year! With our new theme of "birds" in the building, I adopted the duck as a helpful image for my Guidance Orientation this year. I went around to all the classrooms and introduced the idea of "getting ones ducks in a row" as a reminder to be ready to learn by having school materials organized and ready for use, getting to bed on time, and eating healthy meals.

This year I have a real "ducky" schedule, separate from the Specials Rotation for the first time in over a decade which will be better for the students in two ways. First, students will get more P.E. time and second, guidance lessons can take place in the art room with its wonderful space

and technology. Every Tuesday guidance lessons will be given to a third, fourth, and kindergarten class in the afternoon and on Wednesday morning, to a first, second, and fifth grade class. Everyone gets a guidance lesson once every four weeks. The students are excited to have Guidance as an "extra special" this year!

The first round of lessons covered the following:

Kindergarten worked on recognizing the differences between play at school and playing at home. They also worked on making an introduction using one of the K puppets!

First graders reviewed social skills taught in Kindergarten and learned about "sweet" and "sour" feelings

and how to solve problems that help them get back to feeling "sweet". They met my Pickle Pal puppet

Second graders reviewed the friendship skills taught in First Grade and were introduced to a frog puppet named Kelso who teaches nine choices to know when solving small problems with friends.

Third graders reviewed the Kelso choices and learned about helpful listening skills.

Fourth graders learned four steps to solving complex problems and practiced using them.

Fifth graders, through an activity of putting together a puzzle, learned how argumentative statements impedes teamwork.

"Book Bag Buddies" – weekend food program

Other schools call it "Back Pack Buddies" or "Weekend Fuel". From the thoughtfulness of a group of people in our community, we have been given the opportunity to start a program providing HJB students with food to take home on the weekends. If you know of a child, or you want more information for your child, please call the office and ask for Mrs. Gallinger. Leave your name and number and you will get a call back.

Our hope is by supplementing children with weekend food, we will address any child hunger at our school. Hunger has a lasting impact on young children whose minds are still developing. We will discreetly send zip lock gallon bags of three to four "pop-top" meals, snacks, juices, etc. home with students who are identified. Want to donate? It takes \$26 a month to sponsor a child.
